How do I upload a large file via FTP?

FTP · https://computancy.co.uk/kb/how-do-i-upload-a-large-file-via-ftp/

FTP is not designed for very large files. The maximum FTP upload/download size is 5GB, above which you'll need to use another method to transfer larger files sizes.

The best way is to enable SSH action and then use a free client like WinSCP, FileZilla or similar, to upload over SSH. There are no limits in this case and its far, far quicker.